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OUR BABY'S FIRST & SECOND YEARS

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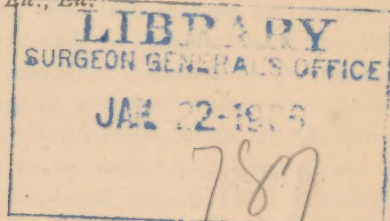
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OUR BABY'S FIRST AND SECOND YEARS.

By MARION HARLAND.

*Editor of "BABYHOOD," and Author of "COMMON SENSE IN
THE HOUSEHOLD," "EVE'S DAUGHTERS,"*

Etc., Etc.



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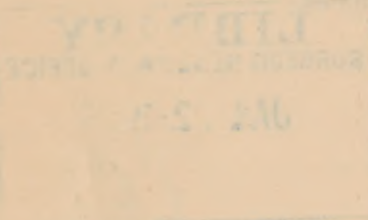
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OUR BABY'S

FIRST AND SECOND YEARS

BY MARY HARRIS



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OUR BABY'S FIRST YEAR.

THE phrase "a cold world" is not a mere figure of speech when taken in connection with the new-born child. The birth-cry is his protest against the ungenial atmosphere which inflates his lungs and envelopes his body.

Heat is Life; Cold is Death. The percentage of infants born in winter who do not outlive the day that gave them breath furnishes annual iterations of this truth. If a sleeping man were snatched from a warm bed and aroused by being tossed into a snow-drift, he would not suffer more than does the tiny creature whose senses all awake at once with the cuticular recoil from the dry, harsh air. Should the mother's exhaustion or the nurse's rules banish him from the natural covert of young animals, the maternal arms and bosom, let the flannels which are the poor substitute be warmed, when he is washed and dressed, and a rubber bag of hot water be introduced beneath them to diffuse gentle warmth that may ward off fast-nearing congestion. The earliest imperative need of the human youngling is to be *cuddled*, until the extremities are as warm as the trunk, and all kept at a uniform temperature.

A Parisian doctor has invented a brooding-case with especial reference to prematurely-born infants. The heat is even and

high, and food introduced by means of tubes fitted in the side of the glass box. While it is not practicable to provide private families with this miniature conservatory for the preservation of infant immortals, similar results may be obtained by the use of the means I have indicated. Animal heat must be maintained until Nature, wearied by the throes of the birth, can make a stand. Reinforcement of vital agencies must come from without.

If the mother be moderately comfortable, the baby should, when but a few hours old, be laid beside her and his lips applied to the breast.

"The child needs no nourishment yet," says the trained nurse.

"The mother has nothing for it," objects the old-fashioned "granny," and, lest the little one should starve through this oversight of Nature, she lays the train for the initiatory colic by pouring down milk-and-water; then sweet oil thick with sugar "to clear the bowels."

Both women are as right as both are wrong. The child is not hungry, nor is there milk in the mother's breast. There is a secretion known as *colostrum*—"a nutritious fluid, eminently appropriate to the necessities of the babe until the 'milk comes.' It is a bland, yellowish emulsion that dilates the stomach and purges the bowels." This is of itself sufficient to keep the child alive and in good case until, having prepared the system for that which is to be the staff of infant-life for months to come, the "yellowish emulsion" gives place to *white* milk.

If there be a natural law without exception it is that the healthy mother ought to nurse her child. Every deviation from

it is, when considered most favorably, only an attempt to make the best of an unavoidable evil, skillful navigation of a crippled craft into harbor. No question of convenience, of vanity, of selfish ease should be admitted into the discussion of the matter. The case comes under the solemn statute,—“What God hath joined together let not man” (or woman) “put asunder.” The woman who is denied the privilege of nursing her offspring is afflicted and an object of pity. Her unfortunate child is defrauded.

As soon as the flow of milk becomes steady, and the baby can take enough to satisfy hunger, a plan of regular meals should be established. These may be, for the first month, an hour and a half apart, and the intervals gradually increased until, by the time a quarter-year has gone by, the child is fed every three hours by day, and twice during the night. The latter regulation is less easily enforced than the former. With the precision of clock-work the small stomach is apt to assert the determination to be replenished at day-rates and seasons, and the mother's rest becomes a nominal quantity. Persistence and much patience are required to rectify the difficulty. Sometimes the clamor for food may be soothed by a few teaspoonfuls of water, boiled and cooled. If thirst induced the outcry, the child will often lapse into slumber without further complaint. Should the experiment fail, let the guardian assure herself that he is comfortable externally, and if his last meal was abundant, stay her sympathies with the knowledge that he is not really in need of food, then let him cry until he falls asleep or the appointed

time for feeding him arrives. A little firmness in carrying out her purpose will effect a reform, until the half-year-old will sleep from early bed-time until morning.

Few mothers, however healthy, supply enough milk for the entire nourishment of a hearty, growing infant of six or eight months old. With many the yield is so small that within a few weeks after birth it is necessary to supplement it by the feeding-bottle. Even when the natural head of milk, as it is called in technical phrase, is full and strong, the need of a supplementary supply becomes manifest when the saliva begins to flow freely in baby's mouth, causing him to drivel, as the old English classics put it—"to drool," in common nursery parlance. This begins usually when a healthy child is between four and five months old, although in some cases there are no indications of it up to six months. Infants who prior to this period have seemed abundantly satisfied with the mother's milk, often then grow puny, or seem to be continually hungry. Old wives soothe young parents' anxieties with talk of the teeth which are "starting far down in the gum," when, in perhaps seven cases out of ten, the child is in a state of mild but chronic starvation. The milk, his sole dependence, is no longer as rich as when the flow began, and depreciates daily in quality as the mother becomes weaker under the demands of the growing child. More substantial elements should be added to or substituted for the natural food.

What shall be this addition or substitute is a subject than which none more important will be presented for the parent's decision while her charge remains the baby of the home. If it be

a matter of interest to one above whose heart the sweet springs of white nourishment are ready to second Nature's effort in behalf of a sick or fragile baby, the question is freighted with agony of desire to her who has no such resource; who from the first day or month of the new life depends upon artificial foods to sustain it. The list of these is so long, the claims of each pressed with such pertinacity, and backed by names of such weight, that she is tempted to catch at the suggestion of the nearest or most officious neighbor whose child has pulled through a sickly infancy on this or that much-advertised compound, warranted to be superior in quality and effect to mother's milk. Said "pulling through"—had we time to discuss it—would generally stand revealed as a notable example of the "survival of the toughest" among that phenomenally tough class, misfed and otherwise misused infants.

That there are foods *and* foods the tyro in nursing dietetics admits groaningly. The conscientious mother who seeks that which will meet the increasing needs of her little one—give through the marvelous alembic of the stomach what will enrich the blood, strengthen brain and bone with phosphates, cover the growing framework with pure, firm flesh, and keep the digestive apparatus in perfect working order—should bring to the task of selection her best powers. Quackery riots here in a field as wide as that of the so called curative profession, and with as much power for evil. Suffer a word of caution. Variety of diet may be essential to the well-being of baby's elders. Abjure mixtures and experiments for him. Find one really excellent thing that

agrees with him, and while he continues to thrive upon it, turn a deaf ear to recommendations of rival preparations. "Let well enough alone" is your best watchword.

Let her classify and give the preference to foods that contain the proper proportions of fat-forming, bone-forming, and muscle-forming elements; to ascertain this, observe the analyses made by trustworthy chemists, and then *judge for herself*. The duty is plain. If it is not easy, it is, nevertheless, duty—and hers.

Next in importance to the selection of a dietary, and regularity in administering food, come the time and manner of baby's sleep. Be he of ever so phlegmatic a temperament, he lives hard and fast. He never intermits the prodigal waste of cellular tissue except when his senses are absolutely sealed to impressions from without.

To deprive him of abundant opportunities of recuperating his energies is cruel, yet, in most households, the fact that a "broken nap" prefaces annoyance to his custodians, has more to do with respect for his siesta than has thought of the real harm done to growth and nerve. He should sleep always in a well-aired and shaded room and never be aroused even to take food. His web of life is all a "raveled sleeve" by the time he succumbs to somnolence. Let it be "knit up" to the outermost edge and turned off leisurely. A stitch rudely or carelessly dropped runs all the way down.

Baby's clothing must be simple, fit loosely and be clean. "Plenty of flannel" is an article of the nursery code that defies amendment, but the woolen fabric that touches the skin should

not be rough. Friction and irritation do not mean the same thing or subserve the same ends. Where soft worsted stuffs cannot be afforded, substitute cotton flannel, made up with the nap inward.

The bath, as facilitating the action of the skin, is a factor without which the sum of baby-life cannot be made to "come out right." That given at bed-time is yet more useful than that which goes with the morning toilet. The child is always tired out by sundown; his mind is a trampled field; his nerves are tense, muscles and bones sore.

The warm bath (at a temperature of ninety degrees) draws the blood from the brain, equalizes the circulation, and induces a delicious languor which is the sure precursor of sound sleep. If it is judged inexpedient to give two plunge-baths in one day, sponge him well in the morning and reserve the "tubbing" for even-tide. Make both ablutions thorough. Leave no effete or foreign matter in the pores to be absorbed and wrought over and again by the vital juices. Keep him *clean*, inside and out, watching not only what enters in, but that which is cast out. Habits easily formed now may last him all his life.

Modern science has robbed the dentition-period of many terrors by showing that since it is a normal process, the complications attendant upon it—particularly in hot weather—are to be governed by natural laws.

Dr. Ripley, of the New York Polyclinic College, says: "Young turkeys and chickens suffer with the same symptoms during the summer, and are successfully treated by keeping them

in a cooler atmosphere and looking carefully after their diet. As these fowls do not cut teeth, we may safely assert that teething cannot be held accountable for *their* 'troubles.'"

If it were possible to ascertain the truth on this head, I doubt not it would be found that twice as many babies die from what may be called "false dentition" as from the irregularities directly incident to real teething. Indispositions of all kinds are passed over as "only teething," which demand prompt treatment. Dentition is rarely a primary cause of illness. Heat, undue excitement, *change of food*, or perseverance in the use of an improper diet, sudden check of perspiration—any one of a dozen imprudences—may derange digestion or bring on fever, and the teeth get the full blame.

As in health so in sickness, reject drugs as long as external applications and diet will relieve irregularities, temper fever-heat, and restore tone to the system.

These, then, are the cardinal principles by the observance of which our sub-yearling baby may, with the blessing of Heaven, be tided over the first stage of life :

1. Exceeding care in the protection of lungs and surface immediately after birth, and until he becomes acclimated in the new and strange zone.

2. Choice, *from the beginning* of the feeding-period, of that aliment which will be most easily assimilated by the digestive organs ; and the regular administration of this.

3. Sound sleep, and plenty of it, taken at stated seasons.

4. Cleanliness, combined with loose and comfortable garments.

5. Heedful attention to the secretions and excretions of the body, and the management of these by nursing rather than medical care. A judicious dietary is susceptible of modifications that should supersede the need of medicines.

SECOND YEAR.

If Our Baby is fairly healthy and has had no serious drawbacks of sickness or accident, we may reasonably expect him to creep, perhaps stand, to utter a few words, and to have several teeth when he enters upon his thirteenth month.

The number of mothers who rise superior to the temptation to push forward the firstborn in the acquisition of such accomplishments as are possible at this early age, is lamentably small. It is tedious waiting from day to day and week to week for the growth of the nursling into "interesting" individuality. That a neighbor's yearling child walks and runs and ties his words into sentences, while ours, albeit as well and strong, is content to roll

on the floor, to pull himself, inch-worm fashion, from spot to spot, and can just articulate "Mamma" and "Papa," is not an affliction. It ought not to be a mortification. Sound sense and philosophy reassure us in the reflection that what is normal growth in one constitution would be premature, therefore exhaustive progress in another.

Cultivate your little one as you do your flowers, removing all noxious influences, and preparing the soil to receive the full benefit of the good, then let Nature work at her wise will. Your business at this date, solicitous mother, is to lay foundation stones. Dressing and carving add nothing to their strength. The attempt to force baby into a prodigy subserves no good end, unless ministration to maternal vanity be a worthy purpose and aim.

In close attendance upon the rejoicings over the first anniversary of the infant's birth, like the black shadow that dogs the sunshine, comes the thought of the baneful second summer. Medical science is mercifully trying to strip this of some of the horrors cast about it by tradition. Dr. Jacobi, President of the New York Academy of Medicine, in a few strong utterances, reduces these to a minimum :

"With each additional day that separates it from its birth, the child becomes stronger and better fitted to survive. The mortality decreases with each week, each month, and each year. *The second summer demands fewer victims than the first.*"

We have spoken of the choice of diet as the most important question that confronts the parent while her child is still an in-

fant. However irrational the disposition may appear to an impartial observer, it cannot be denied that most people who have charge of babies are possessed with the desire to incite them to gastronomic adventure. With somewhat of the prankish humor that prompts boys to toss peanuts to monkeys, parents want to see baby at the table, and when there, please themselves and him by trying the effect of various viands on the unsophisticated palate. He sucks chicken bones when teething, and smacks his lips over the salt savoriness with gusto mamma and aunties extol as "*too cunning!*" I once saw a mother give her fourth child, aged ten months, a pickled cucumber, "just to see how he would take it." He grimaced drolly for a moment, then, making up his mind that it was an agreeable variety in his bill of fare, closed his gums greedily upon it, and screamed when it was wrested from him. The parent showed, with actual pride, how the acid of the green horror had whitened the skin on the inside of his mouth.

"Yet how he held on to it, the plucky little darling!" The she-ostrich may feel the same kind of gratification in her fledgling's first meal of gravel stones.

A common practice among the poor is to wean babies from the bottle on fat salt pork. The oleaginous bit is tied to a string, then thrust into the child's mouth. At the risk of straining the credulity of some readers, I affirm from personal observation, that the loose end of the cord is sometimes attached to the infant's great toe, a prudential contrivance suggested by the proba-

bility that in a paroxysm of strangulation, the victim will kick violently, and the cause act as cure !

These are, it may be said, extreme cases of ignorance and folly, on which calculations should not be based. But in many families where sanitary laws are understood and respected, the question, "On what shall baby be weaned ?" when settled, is like the letting in of a flood. With the removal of the bottle from the list of household properties, everything like food-regimen is dismissed. The second summer finds baby in his high chair at the table with the rest, his plate supplied with potatoes, gravy, meat, puddings, and more hurtful sweets, all of which he washes down with ice-water.

"He still drinks milk," the mother remarks, with a conscience at peace with Dietetics, and except upon occasions, he is not allowed to eat plum cake and mince pie. The long forenoon nap, for the right benefit of which he used to be undressed and laid down in a quiet, darkened room, is, as a positive regulation, demitted. When he is tired of play, and seems drowsy, he is "dumped," with his clothes on, upon a lounge, or in warm weather, left to lie on the matting in the corner to which he has crept.

When a child has passed milestone No. 1 on the turnpike of human life, there is an unacknowledged sense of security in the belief that he has mastered the art of existence, which engenders carelessness. He can begin now to look out for himself. That he gnaws knowingly at bread crusts is accepted as a warrant of his ability to digest pastry. A lump of sugar is offered as a

bribe for "a pretty kiss," and works no appreciable harm on the stomach-coat. Ripe fresh fruit is surely an innocent indulgence. Why, then, withhold preserves when he frets for them? This same fretting is a mighty lever in the overthrow of prudence. "It hurts him more to cry for a thing than it would were he to eat it," is an excuse that, like Christiana's death-arrow, "being sharpened with-love, is let easily into the heart."

Most children are weaned—as they should be—from breast or bottle before they are a year old. In such a vast number of instances that the rule may be accepted as stringent, the substitute for the mother's milk should be some really excellent artificial food containing the same elements, but more substantial in form. With the bottle-baby, the only change should be to teach the infant to take nourishment from a cup instead of a nipple; to give larger quantities of food and in stronger proportions. This is of course and always *provided* the nutriment continues to deserve its name, and the baby to thrive thereupon.

"My boy is a year old," wrote a mother to her physician. "I have brought him up thus far on the food recommended by you. It agrees with him perfectly, but he is so large and strong that I suppose I ought to begin soon with something more substantial. What shall it be?"

The sensible doctor replied in two-and-a-half lines: "That your boy *is* large and strong on his present diet shows that you should make no change as yet. Wait at least until the second summer is over."

Babies *have* grown up to be valuable and robust members of

society who, prior to the celebration of the second birthday anniversary, ate nothing more "substantial" than bread and milk, porridge, and *after* the heat of the "fatal summer" had passed, broth, well made and well skimmed.

Imitate Nature's methods in simplicity. For the major part of the second year of your child's life, the Great Mother has an important task on hand. The early stages of dentition passed in the latter half of the first twelvemonth, were mere child's play compared with what follows. Baby nibbles that which stands, by courtesy, for his birthday cake, with eight teeth, four "incisors" in the lower jaw, and four in the upper. There is also ominous enlargement of the gums further back, the forerunner of the first "molars," or grinders. This is only the "blocking out" of serious work. The "canine," or eye and stomach teeth succeed these, usually, after an interval of some months, and, as the old wives put it, "come hard."

"While there are probably few derangements of which teething is the prime cause, it is often an auxiliary, or predisposing cause." Thus writes Dr. Yale, too well known as a wise and kindly master of children's diseases to need introduction here.

He continues: "A peculiar liability to diarrhoea exists during the period of teething, owing to developmental changes in the intestines which are going on at the same time. Take these two considerations together, and it will be at once seen that but little of the danger of the dreaded "second summer" can be fairly charged to the teeth. The predisposition to bowel trouble

lies in the bowels themselves. The heat adds its help in the same direction."

The affectionate mother or devoted nurse complicates the evils of the crucial season by teaching baby to "eat like a man." Nature, true to her principle of doing one thing at a time, and doing this well, resents the injudicious interference.

Give, therefore, the digestive organs few new tasks to learn while "developmental changes are going on." If variation of diet is necessary, let it be as little radical as is consistent with the child's well-being. If he cannot come to the table without crying for what he ought not to have, keep him away. It is, however, more than probable that he will not covet what he has never tasted, unless he belongs to the class of children who proverbially cry for the moon, because you are one of the mothers who foster lunar ambitions.

Let moderation gauge your desire to have your child stand and walk, and do not discourage him when he would creep. He learns confidence in his own powers, straightens his legs and spine, and strengthens joint tissues by going like the nondescript animal of the Sphinx's enigma, "on all fours in the morning." A well made infant who is not very obese or nervously timid, will, if healthy, walk quite as soon as is good for him.

A year-old baby should have formed the habit of good-humored obedience to the mother's command. At two years this should be confirmed into second nature. The influence of it upon his health and happiness cannot be overrated. A child who would be entirely comfortable if he did not persist in whining and teas-

ing for what is denied him, is not likely to remain sane, bodily, unless cured of the disagreeable practice. Passionate crying, induced by bad temper, raises the temperature of the body and retards digestion in health. It is better to have two or three sharp contests of will, to measure your strength deliberately with his, and let him know you as his superior, than to temporize weakly until you find yourself at his mercy in a crisis when a battle might cause mortal injury. The will that would in the six-month-old bend like a willow wand, hardens into iron-wood with lapse of time and neglected opportunities. For his physical, if not his moral good, "Baby must mind."

In preparing, at the publisher's request, this familiar talk with my sister-women, all over the country, I have spoken with simplicity and directness, yet, perforce, left out much that my heart prompts me to say.

"Call no woman busy until she has a baby!" parodied a merry young mother in my hearing.

More seriously I quote her, with a difference: "Call no woman *happy* until she has a baby!"

That the gift involves need of wisdom, of faith, of self-denial, of the eternal patience declared by the sculptor-painter to be the synonym of genius, is but proof of its value.

If it be a "queendom to be a simple wife," THE MOTHER is a Lady of Kingdoms, the bane or blessing of whose dominion will outlast the stars.

CARNRICK'S SOLUBLE FOOD.

A Brief History of its Origin.

It is often remarked that "necessity is the mother of invention," and it was literally true in the production of SOLUBLE FOOD.

A few months after the birth of my child I was compelled to engage a wet nurse. He thrived for a short time, but was attacked so frequently with stomach and bowel ailments that I was compelled to predigest the milk from the cow, and in some instances the milk from the breast of the wet nurse, to keep him alive.

At intervals, I tried all of the most popular foods in the market, prepared for infants and children, without success. During this time he had two attacks of well-defined cholera infantum, which were fully relieved by giving Beef Peptonoids, using beef tea as a vehicle, with occasionally a little brandy; but as Beef Peptonoids is too highly nutritive for a child so young to continue as a regular food, I commenced the analysis of the various foods in use for children, and found that not one of them resembled, to any great extent, human milk. A perfect food for infants and children must contain the same proportion of constituents and be as easily digested as a good quality of mother's milk.

I found that none of them contained much more than half, and some of them much less than half, the necessary amount of mus-

cle or flesh-forming material required to thoroughly nourish the child. They all contained too little lime (some of them scarcely any at all) for the formation of the bones and teeth. They all contained too little fat or heat producers, and some of them only a trace. The above three principles are essential in their proper proportions to a perfect food. The result of these analyses, and the practical trial of most of the "artificial foods," induced me to prepare a food for infants and children that would, without any addition or mixture, resemble human milk in composition and digestibility.

Nature has supplied these constituents in human milk in quantities requisite to construct and support every tissue of the child's body, and the only food in the market that supplies them, in the same proportions as in human milk, is SOLUBLE FOOD.

The next important feature to be considered is the *easy digestibility* of human milk. The casein or cheesy part of human milk is very nearly digested in its natural form, so much so that the infant will digest it and assimilate it every half hour. To make the casein or cheesy part of the cow's milk in SOLUBLE FOOD possess the same characteristics as the casein in human milk, it is partially predigested with pancreatine, and it therefore cannot form into curds in the child's stomach.

SOLUBLE FOOD is composed, in equal proportions, of the solid constituents of milk and the finest quality of wheat. The starch in the wheat is converted into dextrine and soluble starch by being kept in a vacuum pan for eight hours at a temperature of about 350 deg. Fahrenheit. It is well known that starch when

converted into dextrine not only stimulates digestion but removes all danger of acid fermentation. Nearly all infants' foods in the market are made entirely from the cereals and are consequently not sufficiently nutritive in muscle and bone-forming material to nourish the child. The starch in these foods is either in a raw state, which the child under ten months old cannot digest, or is converted into sugar, in which form it is liable to produce acid fermentation in the child's stomach.

During the past twenty-two years I have devoted my whole time to the production and manufacture of pharmaceutical and food products, many of which are used by the Medical Profession largely in every part of the world, and I believe I have never yet offered a new product to the profession that has not been a great advancement upon those in use for similar purposes.

My practical experience with this Food, and hundreds of cases coming within my immediate knowledge, convince me that if SOLUBLE FOOD is used *alone* there need be no fear of cholera infantum, or stomach or bowel complaints with children.

I have only to add that my child (whose digestive functions were naturally feeble) has lived almost entirely upon SOLUBLE FOOD for the past twenty months without a single return of his former ailments, and has been thoroughly and perfectly nourished.

J. CARNRICK.

The Introduction and Sale of Infants' Foods.

In the introduction of an infant's food, certain prominent channels are generally followed by those who wish to convince the medical profession or the public that their product is the most worthy of attention. Prominent practitioners must be interviewed, hospitals should be sampled, and a mass of testimonials accumulated, all showing that *this* product is far superior to any ever yet produced. Without the least intention to depreciate the value of such evidence, we submit that there are certain incontrovertible tests which must prove without argument whether the claim set forth by the manufacturer has a firm foundation or not.

1ST. A careful analysis by competent and unquestioned authority.

2ND. A comparison of the finished product with the article for which it is intended as a substitute, and this *without the admixture* of any substance calculated to increase its value; as, for instance, in the case of an infant's food, the addition of cow's milk before analysis, when it is not found mixed with the food as you purchase it in the shops.

3RD. An actual test by yourself, without prejudice.

With reference to artificial infants' foods, if you will examine the pamphlets published by the manufacturers of the most prominent artificial foods, you will observe that they generally publish an analysis showing the great similarity of the food with human milk. We give an illustration. They usually run about as follows:

Analysis of mother's milk and the prepared food is based upon the following mixture: Prepared food, 5.90; water, 24.90; milk, 69.20; or a trifle over 5 per cent. of this food is added to the milk and water, and then an analysis shows an approximation to human milk. You can take ordinary wheat flour and make quite as satisfactory analysis.

The best authorities have long claimed that the addition of 5.8 per cent. of warm water and 3.32 of sugar to cow's milk would make a mixture closely resembling human milk.

The great need is not an article which can be added to cow's milk, but a *perfect food* which can be taken ALONE, and which comprises all the elements necessary to sustain infantile life in itself, and which does not depend upon the admixture of 95 per cent. cow's milk, as shown in the instance above stated.

Cow's milk is a difficult article to obtain in a perfect condition, especially in the large cities, and an infant's food that contains all the constituents of human milk in proper proportion, without the necessity of combining it with cow's milk in the condition which it is usually offered for sale, must be the most satisfactory in every respect.

A gallon of a good quality of cow's milk contains seven pints of water and about one pound of solid matter. One step in the preparation of CARRICK'S SOLUBLE FOOD is to take the milk fresh and warm as it comes from the cow and place it in a vacuum pan and take out the water, leaving all the nutritive constituents of the milk in powder form. It is plainly seen that by this process no contamination can possibly reach the milk.

CARRICK'S SOLUBLE FOOD, mixed with *water*, requires no

milk—requires no cooking or heating to the boiling point, unless to destroy any germs that might exist in the water; alone, without the addition of cow's milk, it shows an almost perfect resemblance to human milk; and is the cheapest artificial food, because it obviates the necessity of purchasing cow's milk. (See directions.)

It will be noticed that the several foods largely vary in their composition, while Carnrick's Soluble Food maintains the same symmetrical proportion in each instance—containing nearly double the amount of flesh and blood and bone-forming material found in the other preparations, and proportioned the same as human milk.

There is unquestionably great danger in using cow's milk, and condensed milk, for the casein or curd is too difficult for the child to perfectly digest and assimilate. Soluble Food contains a large proportion of the solid constituents of cow's milk, but the casein or curd of the milk is predigested, and rendered as easily digested by the child as mother's milk.

“WHICH IS THE BEST INFANT'S FOOD?” is a question that has been, and is to-day, repeatedly asked by the parent of the physician and the druggist.

WHAT QUALITIES GO TO MAKE UP A PERFECT INFANT'S FOOD?

The answer is, a food that contains the same constituents and is as easily digested as mother's milk.

A food that contains the requisite quantity of muscle-forming elements.

A food that contains the necessary quantity of bone-forming elements.

A food that contains the desired quantity of fat-producing elements.

A food that is quickly and easily digested.

A food that is quickly prepared for use.

We can truthfully state, and without fear of contradiction, that the only perfect food that meets these requirements is *Soluble Food*, and to verify our statement we offer the opinion of Prof. Stutzer, who analyzed all the principal prepared foods for children, and published same in the *Pharmaceut. Central Halle*, Berlin, 1886, No. 8. Republished in the *Pharmaceutische Rundschau* (New York), 1886, page 89.

Prof. Stutzer is admittedly one of the most reliable and experienced food analysts in the world. He is the food analyst for the Prussian Government. We give below his tabular statement and his remarks in reference to Soluble Food. We would add that his analysis included every food that is used to any extent in this country or Europe.

Analysis of English and American Infants' Food.

By DR. STUTZER, OF BONN, GERMANY, *Food Analyst for Rhenish Prussia.*

The various kinds of artificially Prepared Infants' Foods vary much in their composition and in the proportion of their component parts as regards digestibility and nutritive value. Inasmuch as the use of artificial Infants' Foods has steadily increased, and, therefore, become of much importance to all classes, the true value of such foods should be better known,

their manufacture more strictly controlled, and from time to time they should be analyzed and reported through the press.

Large quantities of such foods, which have been manufactured without due consideration requisite for a rational Infants' Food, are annually brought into the market and consumed; whereas, such preparations being deficient in either proper nutrition or disproportionate in their non-nitrogenous and nitrogenous components and inorganic salts, should not be used for the feeding of infants. Such crude kinds of artificial food are neither adapted for ready digestion nor for healthy nutrition, and can cause more harm to the infantile system than, for instance, adulterated wine or spices to an adult.

In order to bring this matter to a practical issue, I have made an analysis of the more popular English and American Infants' Foods and have arranged the results for ready and comparative reference in the following table:

	Carn- rick's Sof'le Food.							
Fat.....	4.06	5.00	0.50	2.19	0.60	1.27	2.37	0.80
Protein substances (albuminoids).....	11.46	18.22	8.34	9.05	11.30	8.76	12.38	10.73
Carbohydrates.....	76.60	67.74	79.29	78.44	79.04	80.45	76.03	75.88
Celulose.....	0.10	0.58	1.54	0.55	0.74	1.09	0.97
Water.....	5.34	6.14	7.76	6.52	5.75	8.31	6.13	8.25
Salts and inorganic constituents	1.75	2.90	3.53	2.26	2.76	0.48	1.95	0.87
Amount of Nitrogen in protein substances.....	1.838	2.915	1.335	1.448	1.809	1.403	1.981	1.717
Amount of protein substances readily digestible.....	11.09	16.45	7.88	8.35	10.85	7.97	11.20	9.55
Proportion of nitrogenous alimen- tary substances (protein = 1)...	1:7.7	1:4.4	1:9.6	1:9.2	1:7.1	1:9.3	1:6.6	1:7.5
Inorganic constituents contain								
Lime, ...	0.390	0.645	0.155	0.390	0.060	0.060	0.500	0.001
Phosphoric acid.....	0.630	0.847	0.583	0.688	0.421	0.260	0.800	0.165

The foregoing table is illustrated by the following diagrams:

Carnrick's
Sol. Food. Seven of the principal Infant's Foods sold in U. S. and Europe.



Comparative Table showing superiority of Carnrick's Soluble Food in
flesh-forming properties over other foods.

Carnrick's
Sol. Food.



Comparative table showing superiority of Carnrick's Soluble Food in
amount of fat contained.

Carnrick's
Sol. Food.



Comparative table showing superiority of Carnrick's Soluble Food in
bone-forming properties.

Prof. STUTZER, after pointing out the defects in the various foods, remarks as follows in reference to Soluble Food:

"CARNRICK'S SOLUBLE FOOD is the best of all foods examined and mentioned in the table. It excels the other foods by its

greater amount of nitrogenous substances (18.22 per cent.), and by a greater rationally relative proportion (1:4.4) of its essential constituents. It also contains a larger quantity of the bone-forming inorganic substances and of the solid constituents of milk.

According to the statements of the manufacturer, the milk entering into this food is previously treated with Pancreatine, thus rendering the casein more easy of digestion. This certainly is a very rational method, and, as far as I know, is applied by no other manufacturer of Infants' Food. It is also very pleasant to the taste.—From *Pharmaceut. Central Halle* (Berlin), 1886, No. 8, and *Pharmac. Rundschau* (New York), 1886, page 89.

Why do Babies Die?

In 1880 there were about 800,000 deaths in the United States, of which about 500,000 were children under five years of age.

A very large portion of this mortality among young children, we believe is caused by imperfect nourishment. Children in many instances are allowed, when but a few months old, to eat the same food as older members of the family. In other instances they are fed with prepared foods containing too much starch, and not sufficient strengthgiving or nitrogenous principles.

Nearly all the prepared foods for children are deficient in albuminoid principles and lime, and consequently children, when fed wholly upon these foods, are imperfectly nourished, and if they

are combined with milk or condensed milk, there is always danger of overtaxing the digestive functions of the child, in its efforts to dissolve the tough casein of cow's milk. It is often remarked that one child will thrive upon one food and another upon some other; this may appear to be so. A child will fatten upon a food containing but little albuminoid or nitrogenous principle, and but a trace of lime, but it will be found in such cases that the flesh is flabby, and when disease attacks the child it quickly succumbs from lack of muscular strength. If a food contains but a trace of lime, how are the bones to be formed? If it contains too little nitrogenous matter, how are the muscular tissues to be created? It must be admitted, that all children of the same age require about the same elements and in the same proportions to properly nourish their organisms.

The appetite of the adult will indicate what is needed to supply any deficiency in the constructive elements, but this will not apply to the child. How important then that we should properly decide for them and give them food that contains the constituents that will fully nourish every tissue of the body.

Is not the feeding of infants on improper food the most important reason why such a large part of the human race dies before the age of five years?

The writer has given the subject of foods and dietetics the most careful attention for the past twenty years, with a full belief that great advancements could be made in this direction, and one of the results has been the production of **CARNRICK'S SOLUBLE FOOD**.

1.—**SOLUBLE FOOD** resembles more closely human milk in its proportion of constituents and digestibility than any other food, and will thoroughly and perfectly nourish the child. (See comparative analyses of children's foods, from *Berliner Med. Wochenschr*, page 26.)

2.—It is more easily digested than any food that can be given to a child, except human milk.

3.—The casein in **SOLUBLE FOOD** is rendered, by partial pre-digestion with pancreatine, as easily digestible as the casein of human milk.

4.—If children are fed on this food we are confident there will be but few cases of Cholera Infantum.

5.—It is always ready for use, and those who use it will avoid the uncertainty and inconvenience of digesting cow's milk with pancreatine or preparations prepared for that purpose. This operation of digestion is performed in our laboratory, and not left to the inexperienced nurse or mother. Every practitioner knows that the process of digesting milk is attended with much care. How very difficult to keep the heat at 100° Fahrenheit, even with careful watching. If it should run up to 110° or 120°, the pancreatic ferment is injured. Can a nurse or mother, occupied with the constant care of the child, perform this delicate operation perfectly in one case in twenty?

6.—It is less expensive than any prepared food, because it is from 50 to 100 per cent. more nourishing, and does not necessitate the addition of cow's milk or any other food.

7.—**SOLUBLE FOOD** requires no cooking, but we advise that,

after being mixed, the whole should be boiled a minute or two so as to destroy any germs that may exist in the water.

Nursing bottles with tubes should never be used, for in one case in twenty they are not thoroughly cleaned. Food taken through an improperly cleaned tube would alone be sufficient to endanger the life of the child. We will furnish the best artificial nipple that can be used, without charge, to any one using CARN-RICK'S SOLUBLE FOOD. It can be applied to any bottle with a lip.

Three Cases of Inanition.

By THEO. L. HATCH, M. D., Owatonna, Minn.

I have recently had an interesting experience with three cases of inanition in infants, and as weak stomachs in babies are so often the subject of the medical man's attention, have concluded to give my experience to the profession.

CASE I. C. S., male, aged ten weeks. Was present at the birth of this child, and at birth it was a strong, hearty child; but the mother having no milk, she commenced rearing the child on cow's milk. For a time the child thrived, but the extreme hot weather of last summer was too great a tax upon its digestive powers.

At the age of ten weeks I was called to see it. The mother told me that it had had a similar attack to the one I am about to describe three or four days previously, but had partially recovered from it. Upon visiting the little patient, I found it constantly crying. It presented a shrivelled, pinched, mummified appearance, such as one never forgets after having seen it once.

I sat and studied this child carefully, and concluded that the child was not crying from pain, but from hunger, and that the entire trouble was inaction from lack of assimilation. I told the mother I did not think the child would live til I could get to town, a distance of five miles, and get some food out to it. I left a placebo to appease the anxious mother, and returned to the city. I had in my office a sample package of CARRICK'S SOLUBLE FOOD, which had been sent me a short time previously; I also had samples from several other manufacturers, but chose Carrick's, not because I had any more confidence in it, *but because it could be prepared without using any milk.*

The father took it home and some of it was quickly prepared and given. From the first dose, the child ceased crying, and commenced thriving at once, very much to my surprise and that of all who saw it.

CASES II and III. These may be considered as one case, being a pair of twins, born at the seventh month; I will designate them as babies Nos. 1 and 2.

When these children were born I did not expect them to live, as they were very puny and feeble. When they were six weeks old I was called to visit them, and I found them in precisely the condition of the one previously described, except that there was not the continual crying.

One of them, which I will designate as No. 1, seemed much weaker than the other; in fact, it lay in a condition of stupor most of the time.

I had a small portion of the sample package of SOLUBLE FOOD left, and ordered them to be fed with it at once. They commenced recovering at once, and continued to thrive as long as the food lasted. In the meantime I had ordered the food from both St. Paul and Milwaukee, but could not obtain it in either city.

When the food I had left them was gone, and as no more of it was to be obtained, they were placed upon the use of another food, which is in very popular use for infants, but it failed to meet the requirements, and, though the greatest of care was used in its preparation, it was but two or three days before they commenced showing signs of inanition; but this time ^{the} ~~the~~ one

designated as No. 2 failed first, dying about a week after we had suspended the use of CARNICK'S SOLUBLE FOOD. The other died four days later.

In the case of these two infants the changes for better and for worse were so decidedly marked that there could be no question as to the effect of the foods, and the parents, as well as myself, are convinced that could we have had the SOLUBLE FOOD to continue with, both children would be alive to-day.

About a month ago, C. S., case No. 1, commenced showing all of the evidences of a return of the old condition of inanition, though what caused it I could not learn. Not having yet obtained a supply of CARNICK'S FOOD, I prescribed the food that was substituted for it in the case of the other infants, but the child still failed.

In the meantime I had written a brother of mine in Chicago, who succeeded in obtaining some of CARNICK'S FOOD of a wholesale druggist.

As soon as it arrived the child was fed with it, and the patient is now (two weeks later) nearly restored to its former plump, healthy condition.

If my fellow practitioners will try this preparation, I can assure them that they will not only be pleased with it, but will save the life of many a little patient that would otherwise be sacrificed. — *Northwestern Lancet*, St. Paul, May 15, 1886.

Important Letter from Marion Harland.

HER GRANDDAUGHTER RESTORED BY THE USE OF CARNICK'S SOLUBLE FOOD.

Messrs. Reed & Carnick, Mercantile Exchange Building New York:

DEAR SIRS: My little granddaughter was seriously ill when but a week old, and remained so feeble for a fortnight that she could not draw the mother's milk. Then began a trial of "substitutes," the recollection of which is distressing. Milk and water induced colic; peptonized milk, constipation that became obstinate; more than one celebrated "artificial food" was used, with similar and worse results. She was three months old, a fragile sufferer

who required continual care, when Dr. Wood suggested "CARBRICK'S SOLUBLE Food," and gave me the analysis of the preparation. She has now been fed on this for five weeks. It agrees with her perfectly, and has regulated bowels as well as stomach.

She is a plump, merry, and well baby, so unlike the pain racked morsel of humanity of a month ago that I am, in sheer justice, constrained to subscribe myself, gratefully yours,

MARION HARLAND.

Why is Carbrick's Soluble Food superior to the various Prepared Foods for Children?

It is the only food which contains sufficient albuminoid matter (18.22 per cent.) and mineral substances (3 per cent.) to thoroughly nourish the child. It is not necessary, as with other preparations, to combine it with *milk* or other *nutritive elements*, as it contains from *fifty to one hundred per cent. more nitrogenous substances* than any other food prepared for children.

The casein in this preparation is rendered, by means of pancreatine, as *soluble* and as *easily digested* as the casein in human milk, and consequently cannot *coagulate* or *form curds* in the stomach of the child. The necessity is therefore removed for digesting or peptonizing cow's milk in cases of cholera infantum, marasmus, etc.

The starch in Soluble Food is converted into dextrine and soluble starch.

It is not designed, in the partial digestion of Soluble Food, to supplement the action of the child's digestive functions, but simply to render it as easily digested as mother's milk.

Notes describing Carnrick's Soluble Food in Brief.

Always ready for instant use.

Will keep for any length of time.

Necessitates neither the addition of milk nor cream.

Saves the cost of fresh milk.

Addition of water, only warming to blood heat or boiling for a few minutes, all that is necessary. See full directions page 38.

SOLUBLE FOOD perfectly resembles mother's milk, by the simple addition of water.

An infant can be successfully reared on this Food from birth.

SOLUBLE FOOD will not form curds in the stomach of the child, as the casein has been partially predigested.

Unlike many prepared Infant's Food *it contains no raw starch.*

SOLUBLE FOOD contains the necessary flesh, fat, bone and brain-forming elements in the requisite proportions as designed by nature.

The flesh of a child fed largely upon a starchy diet will be soft, white, and flabby, and the bones and teeth will show evidence of imperfect development.

Cholera Infantum and the various infantile disorders are usually caused by improper nourishment or over-feeding.

For nursing mothers SOLUBLE FOOD will be found invaluable. It is highly nutritious and strengthening, and will have a direct tendency to increase and promote the mother's supply of milk.

It is to be recommended for the above purpose as being far superior to spirits or malt liquors of any kind containing alcohol and other deleterious ingredients.

A cup of SOLUBLE FOOD taken by the mother at night on retiring will prove very grateful, and will tend to produce sound refreshing sleep. •

It is so easily and rapidly digested that it cannot produce any disturbance of the stomach.

It can be administered freely during confinement, and will be found far more acceptable and nutritious than the oatmeal gruels, broths, and other preparations usually administered at that time.

For invalids and aged persons, either alone or combined with BEER PEPTONIDS, it is the most perfect food that can be used.

There is great danger in giving cow's milk to children, especially in summer, in consequence of the formation of indigestible curds in the stomach.

Canned condensed milk contains about 50 per cent. of cane sugar. Cane sugar is apt to produce acid fermentation and cause stomach and bowel ailments.

OWATONNA, MINN., July 6, '86.

MESSRS. REED & CARRICK.

Gentlemen: To-day I am using the food in the cases of six different infants—three of them triplets—and they are all doing

splendidly. I often take babies from their birth and rear them on this food. I have one case on hand now of a babe ten days old. The mother has been desperately sick with puerperal fever, which precluded her nursing the infant. Baby thriving on Carnrick's Soluble Food.

In giving Soluble Food to a child with feeble digestion, and until the physician acquires confidence in its nutrient properties, he will be tempted *to give a little of some other nutrient—probably milk*. This temptation will be augmented by the importunities of the nurse, who has not yet acquired confidence in it; and she is also liable to give a little milk, on the sly and contrary to orders, but all other foods and nutrients should be firmly and positively interdicted and eliminated from the child's diet. The feeble digestive apparatus is too weak to digest milk, and the consequence is they do harm, besides bringing a reproach upon the food.

In your circulars to the profession I would suggest that you mention this fact, and make it prominent.

Am also using your Cod Liver Oil and Milk in a case of tuberculosis, with great benefit. This is my thorough test of it, having always been rather set against cod liver oil on account of its tendency to disagree with weak stomachs.

Yours truly,

T. L. HATCH.

Directions for Preparing Carnrick's Soluble Food.

SOLUBLE FOOD is always ready for use, and only requires mixing with water to resemble a good quality of human milk in its constituents and digestibility.

We prefer, however, the following mode of preparing it, for by heating it to the boiling point any germs in the water will be destroyed. Take a pint of water and put half of it in a stew-pan over the lamp or gas burner and let it remain until it begins to simmer. During this time, put one heaping tablespoonful of SOLUBLE FOOD in a tumbler or bowl and gradually mix it with the other half pint of water. Then add the mixture to the water in the stew-pan and continue to stir it for one or two minutes. When it begins to boil, the cream will, at first, rise on top, but by continuing to stir for two minutes it will become thoroughly incorporated.

The quantity of water to be used with the SOLUBLE FOOD must depend upon the age of the child. If the child is very young, use about half the quantity of Food.

Salt or sugar may be added to suit the palate. Milk sugar is far preferable to cane-sugar. If the child likes the Food as well without it, do not add the sugar.

Sufficient can be made to last 24 hours, but it must be kept in a refrigerator in warm weather.

Directions for Using Carnrick's Soluble Food

This food requires no addition of milk or any other food substance, as it contains all the elements required to thoroughly nourish the child until it reaches the age of twelve or fifteen months.

At this age, commence by adding a half to a teaspoonful of BEEF PEPTONIDS (see page 40) to each tablespoonful of SOLUBLE FOOD. Should the child be very hearty and its appetite not entirely satisfied, a larger quantity of BEEF PEPTONIDS may be added.

At the age of ten months, you may commence giving the child a small amount of buttered toast, milk or cream toast, rice, well boiled, with butter and a little salt (sugar may be added, but it is better without it), chicken broth or beef soup to which bread crumbs may be added, also a little dry baked potato mixed with cream or butter. Commence with these somewhat sparingly and gradually increase.

It is not necessary to give any other food substance but SOLUBLE FOOD and BEEF PEPTONIDS until the child reaches two years of age, but giving toast, rice, broth, etc., after the child reaches the age of ten months, is left to the discretion of the nurse or parents, always remembering it is best to ask the advice of your physician when you do not wish to take the responsibility.

We would advise that, during the summer season especially, you adhere quite strictly to our food, for if you do, we believe your child will be safe from stomach and bowel troubles, and Cholera Infantum, for it is the only food known that digests as easily as human milk.

*Dietetic Preparations more Especially for Older
Children or Adults.*

BEEF PEPTONIDS.

(Concentrated Beef and Milk with Gluten.)

A Nitrogenous Food composed of equal proportions of the Nutritive Constituents of *Beef* (*partially peptonized*), *Milk*, and *Gluten* from *Wheat*, presented in a *powdered and liquid form*.



GOLD MEDALS,
CALCUTTA EXHIBITION, 1884.
INTERNATIONAL HEALTH EXHIBITION.
LONDON, 1884.



We beg to announce to the Medical Profession that we have made a very important improvement in *Beef Peptonoids*, and we are thereby enabled to offer a preparation, and pleasant in *odor* and *taste* to the most delicate patient.

We should not have added another to the long list of *food preparations* had we not been positive that the necessity existed for such a product, and one that could be justly called a *concentrated nutriment*. In the *beef preparations*, such as those approxi-

minating to or following the Liebig formula, the nutritious properties have been made entirely subservient to the stimulating principles of the beef, so much so, as to place such productions almost wholly among the class of stimulants.

In the preparation of *Beef Peptonoids*, the flesh-forming elements of *Beef*, *Wheat* and *Milk* are used, constituting a nitrogenous and nutritive food of the highest value, and showing a presence of 95 per cent. of nutritive matter.

Beef Peptonoids is the only beef preparation rich in nutritive and nitrogenous matter.

Careful tests of the various preparations of beef in the market, having the flavor of *Liebig's Beef Extract* and *Beef Tea*, show that they possess but little else than the stimulating and flavoring properties of the beef.

The use of *Beef Peptonoids* is indicated as follows:

Convalescence from all diseases, Pulmonary Affections, Fevers, Pneumonia, Weak Digestion, Gastritis, and all Stomach Ailments, Dyspepsia, Diarrhœa, Dysentery, and all Intestinal Diseases, Phthisis, Cholera Infantum, Marasmus, Vomiting in Pregnancy, Sea Sickness, Diabetes, Excessive use of Alcoholic Stimulants, per rectum in all cases where the stomach cannot digest the food, and in debility resulting from any cause. It is a valuable adjunct in voyages and camp life.

What can be of more importance than keeping up the strength of the patient during the ravages of disease?

WHY IS BEEF PEPTONIDS SUPERIOR TO OTHER BEEF PREPARATIONS?

It is shown by Profs. SEUTZER, ATTFIELD, MACADAM, TICHBORNE, and many other food analysts, to be the most concentrated nutrient ever produced. It requires but a small amount to sustain life in cases of extreme debility, and is so easily digested that the worst dyspeptic, with a most delicate stomach, can readily retain it. *No preparation can be prepared in the sick room that contains more than one-twentieth the nutritive properties found in Beef Peptonoids.*

Extracts of Beef, the Juice pressed from Beef, Beef Tea, Soups, etc., are known to be comparatively useless except as stimulants. As BEEF PEPTONIDS is composed of the nutritive portion of the three great varieties of food, BEEF, WHEAT and MILK, patients seldom tire of it; whereas they will soon tire in the use of any one of the above.

If you will give it a trial we are confident that you will find it superior to all other nutrients.

If you will compare its nutritive value with other dietetic foods you will observe that it is much less expensive to use.

It is the best dietetic preparation in all kinds of *Fevers, Pneumonia, Phthisis, every form of Dyspepsia, Diabetes, Cholera Infantum, Marasmus, Diarrhœa, Intestinal Diseases, Excessive use of Alcoholic Stimulants, Sea Sickness, Vomiting in Pregnancy, per rectum in all cases where the stomach cannot digest food, and in Debility resulting from any cause.*

DR. A. STUTZER, *Director of the Chemical Test Laboratory and the Food Testing Office for Rhenish Prussia*, in reporting to the *Berliner Med. Wochenschr.*, April 15th, 1885, the comparative results of analyses of nine of the principal European and American Food Preparations, states as follows :

"If a medical man desires to give an invalid or convalescent a preparation by the use of which the formation of flesh and blood is to be promoted and vigor infused into a patient, Beef Peptonoids for this purpose stands first and foremost amongst all the preparations I have examined."

The following is extracted from Prof. Austin Flint's address before the New York State Medical Association, Nov. 20th, 1884, on Diet, etc. These statements of Prof. Flint are supported by the best food analysts in the world :

⁶ With regard to meats, a common error, both popular and professional, and one productive of a vast deal of harm, is to consider their nutritive value as fairly represented by either infusions or decoctions, or by the juices obtained by pressure. The valuation by most persons outside of the medical

profession, and by many within it, of beef tea or its analogues, the various solutions, most of the extracts and the expressed juices of meat, is a delusion and a snare which has led to the loss of many lives by starvation. The quantity of nutritive material in these preparations is insignificant or nil, and it is vastly important that they should be reckoned as of little or no value, except as conducive indirectly to nutrition by acting as stimulants for the secretion of the digestive fluids or as vehicles for the introduction of nutritive substances. Furthermore, it is to be considered that water and pressure not only fail to extract the alimentary principles from meat, but the excrementitious principles, or the products of defective assimilation, are thereby extracted; hence, not very inaptly, beef tea has been compared to urine, and, a few years ago, a German experimenter, whose name I cannot recall, declared that he produced fatal toxæmia in dogs by feeding them with this popular article of diet."

Directions for Administering Beef Peptonoids.

For an Adult.—1 Dessertspoonful to a Tablespoonful three to six times a day—Children in proportion.

Taken with *Milk*, it forms a pleasant drink, and will be found palatable by those to whom milk, when taken alone, is distasteful.

Beef Peptonoids will be relished if eaten with a spoon in a dry state.

Hot water renders *Beef Peptonoids* unpalatable.

Added to *beef tea*, *broths*, *soups*, etc., it supplies the nitrogenous principle primarily found wanting in these preparations.

Mixed with *milk punch*, *egg nog*, etc., it makes an invaluable drink, nourishing as well as stimulating.

The nutritive value of *bread*, *biscuit*, etc., may be greatly increased by the addition, before baking, of one or more ounces of *Beef Peptonoids* per loaf.

It may be added to *jellies*, *oatmeal*, *arrowroot*, *rice*, etc.

By adding a small quantity of milk or water it may be made into a paste, flavored, and eaten with a spoon, like cream.

Spread upon *buttered bread*, it makes a most palatable and nourishing sandwich.

Persons traveling will find it very convenient to carry *Beef Peptonoids* in capsules.

In combining *Beef Peptonoids* with milk or other liquids, first add a little of the liquid to the *Beef Peptonoids*, and form a paste; then add the remainder of the liquid gradually, constantly stirring.

See *Liquid Peptonoids*, and *Peptonoids, Iron and Wine*, on pages 45, 46 and 47.

Liquid Peptonoids.

(*Beef, Gluten and Milk, Digested.*)

The above preparation represents *Beef Peptonoids* (beef, gluten and milk) entirely digested and ready for assimilation.

Although not possessing the advantages of as high nutritive

power as the powdered Beef Peptonoids, it nevertheless represents a highly nourishing liquid stimulant. It contains albuminoids, in the form of fibrin, gluten, and casein in a digested, soluble state, with sufficient spirits added to preserve it.

This preparation will keep indefinitely, which cannot be said of many of the liquid foods in the market; some of them actually decomposing and emitting a most disgusting odor on opening the bottle.

The flavor and palatability is such that many who have taken it liken it to a delicate wine or cordial.

Liquid Peptonoids with Coca.

(Digested Beef, Milk, and Gluten with Coca.)

Each fluid ounce contains the nitrogenous properties of the medium quantity usually taken of Powdered Beef Peptonoids rendered wholly soluble by digestion) combined with 30 grains of Coca.

There is no question of the great value of Coca as a stimulant in many diseases, but whenever it is used alone there must be a corresponding reaction. If the brain and muscles are stimulated there must be a waste of tissue, and this waste must be repaired by assimilation and reconstruction, which can only take place by rest and nutrients.

Acting upon this theory, we combined *Coca* with our *Liquid Peptonoids*, and placed it in the hands of a number of leading practitioners, for careful trial, believing that the Beef, Gluten and Milk in *Liquid Peptonoids*, being perfectly digested and ready for immediate absorption, would resupply the waste so quickly that no reaction from the stimulating properties would occur.

The results of these repeated trials have confirmed our belief in every instance, and we have, therefore, prepared *Liquid Peptonoids* with *Coca* for the use of the Medical Profession.

Our experiments convince us that *Coca* should seldom be used, to get its best effect, except when combined with some nutritive elements ready for assimilation.

The depressing effects of the reaction from the use of *Coca* or any stimulant, go very far towards neutralizing the benefits derived, and we are confident the administration of peptonized food at same time, as in *Liquid Peptonoids* and *Coca*, is the only way to prevent it.

Peptonoids, Iron and Wine.

There is much misapprehension regarding the nutritive value of the preparations known as "Beef, Iron and Wine." The basis of these productions is invariably beef-extract made in accordance with the Liebig formula, which extract is well known to possess very little reconstructive properties. Where such pre-

parations are administered as a food the results must be disappointing. *Peptonoids*, *Iron* and *Wine* has for its base digested beef, gluten and milk, and therefore must prove far superior to the ordinary Beef, Iron and Wine preparations.

Why is Peptonized Cod Liver Oil and Milk superior to other preparations of Cod Liver Oil?

First (and most important) the *division of the oil globules is from twenty to one hundred times finer* than any other preparation of Cod Liver Oil ever produced, and is consequently brought nearer the condition required for assimilation.

It is pre-digested, and is, therefore, more easily retained by weak and enfeebled stomachs, and eructations are less liable to follow.

It is combined with condensed milk and is consequently more nutritive as compared with similar preparations.

It is supplied in sixteen-ounce bottles at the same price as is usually charged for twelve-ounce bottles.

In most cases patients can best take the dose of Peptonized Cod Liver Oil and Milk mixed with two or three ounces of water.

Peptonized Cod Liver Oil and Milk combined with equal proportions of *Liquid Peptonoids*, makes a most elegant and highly nutritious mixture, and one that can be taken by any patient.

RETAIL PRICES

at which our preparations may be obtained at any
druggist.

Carnrick's Soluble Food,	Trial Size.....	\$0 25
“ “ “	(Small).....	50
“ “ “	(Large)....	1 00
“ “ “	(5 lb. tins).....	4 00
Beef Peptonoids, 6 oz. (Powdered)		1 00
“ “ 16 “ “		2 25
Liquid “ 16 “		1 00
“ “ with Coca, 16 oz.		1 00
Peptonoids, Iron and Wine, 16 oz.		1 00
Peptonized Cod Liver Oil and Milk, 16 oz.		1 00
“ “ “ “ “ (with Hypophosphites		
of Lime and Soda)....		1 00

